



## Dealing with depression

by Maurice Tomkinson

Feeling low can be common at this time of year – shorter days and longer nights reduce the amount of daylight we experience, and worsening weather may mean that we stay indoors more.

These feelings can vary from a mild feeling of “the blues” to much deeper depression where everything seems hopeless, the world looks grey, and life feels so pointless that even getting out of bed is difficult. There are many things you can do to relieve mild depression, but if it gets deeper you should consider seeking outside help. Practical things you can do to help depression include:

**Light and colour** - bring more light and colour into your home - extra lighting, candles, wear warm bright clothes, or get some colourful houseplants.

**Affirm your successes** - take time out to list your successes, make contact with old friends and tell them what you've achieved, and make sure to

reward yourself for the things you have achieved.

**Declutter** - throwing away old stuff can make you feel lighter and more prepared to start something new.

**Small steps** - If you find it difficult to get started, break jobs into small steps and tackle things one at a time.

In my work with people who are depressed there are several changes that I encourage them to make:

**Be active** rather than passive in response to life events

**Mobilise aggressive energy** to solve problems.

**Take control** of situations rather than feeling helpless.

Treat setbacks and failures as **learning opportunities**.

**Make the most** of any positive feedback that you get. Too often we can only hear the criticisms and are deaf to the praise!

## Are you depressed?

Read through the following 10 statements and count how many apply to you

- I find it difficult to experience any positive feeling at all
- I find it hard to get going, or find the initiative to do things
- I feel sad much of the time
- My life feels meaningless and empty
- I often feel bored, and I don't enjoy the things I do
- I feel worthless as a person
- I have nothing to look forward to, and I see nothing hopeful in the future
- I find it difficult to be enthusiastic about anything
- I find it difficult to sleep, or find myself sleeping much more than usual.
- I have problems with my memory

If one or more of these statements applies, you may be experiencing depression. If several of them are true you should consider getting some outside help by consulting a doctor, counsellor or therapist.

## The Bowen Technique

The Bowen Technique first arrived in Britain in 1993 and is quickly becoming well known for its simplicity and yet its far-reaching effects and all-round health benefits.

Bowen is a gentle, 'hands on' therapy for the body, helping a broad spectrum of problems, from sports and work-related injuries, muscle and skeleton disorders, stress and tension, Hay Fever and bronchial symptoms. Treating the body as a single integrated system, Bowen is suitable for individuals of all ages (including new born babies and the elderly) and from the physically fit to the infirm.

The therapist uses thumbs and fingers on precise points around the body to make rolling type movements. The pressure used is light, no strong manipulations are made, and the treatment is non-threatening, people can be treated through loose clothing and experience the session as relaxing.

## Bowen helps Migraine sufferers

by Fiona Forster

Migraine can be a debilitating condition being caused by a variety of triggers, including: specific foods or drinks, stress, hormones, back and neck misalignment, jaw problems. In my experience Bowen has helped migraine sufferers, regardless of the cause. I was encouraged by the responses I had seen personally, and by the results of The Bowen Technique National Migraine Research conducted with The Migraine Association, in which 79.5% of the volunteers showed a significant improvement in their symptoms.

During September I had a promotional offer for migraine sufferers to receive 3 short Bowen treatments for free. The appointments were spread over 5 weeks during which time the recipients monitored their migraine attacks. All six people experienced benefits.

### A selection of case histories:

**Case A:** Male: already after 2 treatments severe migraines had become

less frequent and less severe, from being incapable of carrying on with anything and going to bed, to being such that he could continue with what he is doing.

**Case B:** Female: migraines and bad heads since a riding accident 10 years ago, aggravated by neck and shoulder tension and stress. Attacks much less frequent and severe now, 'good to be able to sit and watch TV in the evenings without pain'.

**Case C:** Female having monthly migraines coinciding with her period as well as occasional others has had no further attacks since, has noticed her jaw has realigned, previous restricted opening has extended and is now pain free, and after only the first two appointments was so impressed she enrolled to train to be a Bowen therapist herself!

To discuss whether Bowen may be helpful for you, ring Fiona on 01270 760440 or 07833 950806

# Boost your energy for Christmas

by Caroline Fallon

Whether we are looking forward with excitement to the shopping and preparations or with dread to the extra work, Christmas is a festival that makes great demands on our energy. Routines and digestions are thrown out of kilter and stresses can build up on all levels. Stress, as we are frequently told, can lead to all manner of ills, to exhaustion, depletion and finally disease.

This being the case, how can we be sure that we will feel good, cope well and look our best all over the Christmas and the New Year season?

**The answer could be some reflexology – come and put your feet up!**

Reflexology is a gently, non-invasive therapy, deeply relaxing and restoring and a great way to reduce stress and tension. This increasingly popular therapy is based on the concept that all parts of the body are connected by pathways through which vital energy flows, rather like electrical currents which supply power for lighting, heat-

ing and cooking in our homes. When the power supply is reduced or interrupted our systems cannot work to their full potential. So it is in the body, when our energy is low or tension blocks the natural flow, our organs and systems cannot function properly.

“Reflex” in the context of “reflexology” means the “reflection of all the structures, systems and organs of the body onto the feet. Tiny deposits or imbalances in the feet can be detected indicating that there are blockages or depletions in the energy channels through the body, often referred to Chinese Meridian lines. The flow of energy can be stimulated again helping to achieve a state of equilibrium and good health.

If you have never experienced a reflexology treatment, why not try a few to help you sail through Christmas? When you have enjoyed this deeply relaxing and pleasurable therapy you will surely want to make a New Year resolution to take time out for yourself and have regular sessions.

For more information on reflexology or nutrition, contact Caroline on 01477 532444

## Nutritional help to beat the blues

The best advice I can give to anyone suffering from depression in all its forms is to avoid sugar and refined foods. Cut down on stimulants – tea, coffee, chocolate, cola drinks, cigarettes and alcohol.

Another suggestion would be to experiment for two weeks avoiding wheat or dairy products. Supplements can also be beneficial and multi-vitamins including vitamin C 2 x 1000mg, multimineral with at least 10mg zinc, 200mg magnesium, 5mg manganese and 100mcg of chromium to help balance blood sugar and to curb sugar craving.

## The Hope Street Centre

The Hope Street Centre is an

independent therapy centre dedicated to counselling, psychotherapy, holistic and complementary therapies. It is home to over ten qualified professional therapists, who offer a range of high-quality therapies and services. We can work with individuals, couples, families, groups, businesses and organisations.

For further information or to make an appointment, please call Maurice Tomkinson on 01270 764003.

You can also visit our web site at [www.hopestreetcentre.co.uk](http://www.hopestreetcentre.co.uk)



## The Hope Street Project



Serious about our street

Residents and businesses in Hope Street have joined forces to create The Hope Street Project—a community group which aims to make the area a better, cleaner and safer space to be in.

What should be a real jewel in Sandbach's crown looks scruffy and neglected. Many townspeople pass through the street and the Hope Street Project are determined to turn the rather sad street

things than weeds, rubbish, broken glass, poor lighting and chain link fencing.

The Project is looking to create a long term management programme – that will ensure the Street – once rescued – continues to maintain a high standard of safety, maintenance and visual pride that can be enjoyed by townspeople and visitors to the street.

The Hope Street Project is also about bringing art onto the street, commissioning working artists to help us produce a brighter, more interesting and enjoyable space to be in.

The Hope Street Centre is playing an active role in supporting the project. For further information contact Di Hardman on 01270 750509.

## Christmas? Anniversary? Birthday? Any day?

Stuck for a gift idea? Want to give something different, thoughtful and caring? Why not give a health promoting treatment at The Hope Street Centre?

Choose from:

*Body massage, Bowen Technique, Ear coning, Reflexology, Yoga one to one*

Or buy a voucher and let them choose the treatment.